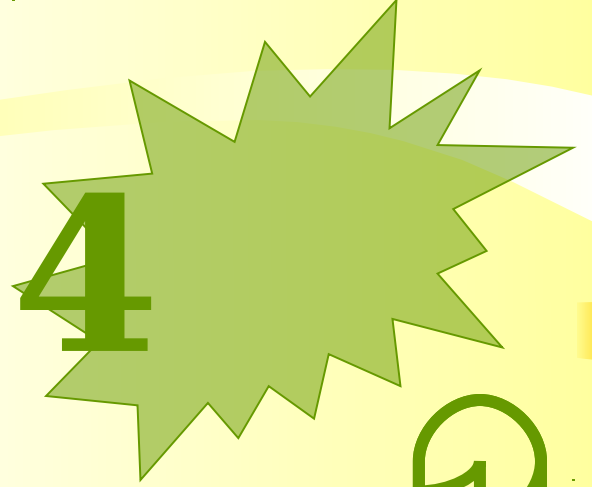


# MODULE 4



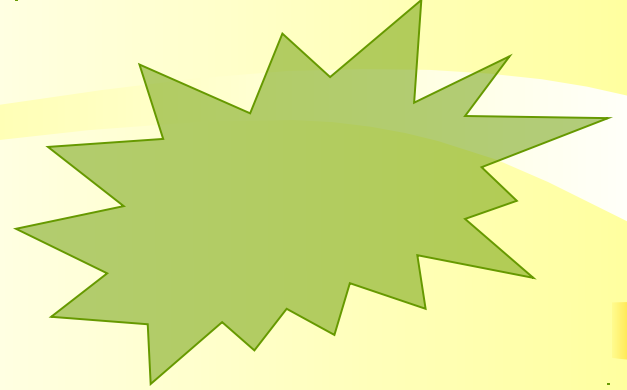
Responsible

Drinking

# When Not To Drink

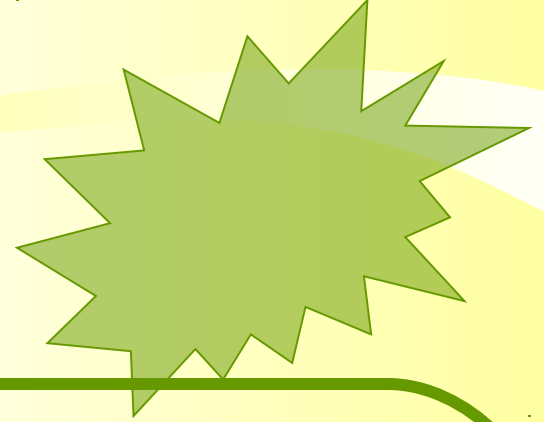
- **If you are:**
  - **Hungry**
  - **Angry**
  - **Lonely**
  - **Tired**
  - **Going to drive**
  - **On the job**
  - **Are a “risky” person**

# **SPECIAL RISK CATEGORIES**



- **Underage drinkers**
- **Pregnant women**
- **Those with a history of drinking problems**
- **If you are taking medication**

# HOW TO DRINK RESPONSIBLY



- **If you drink:**

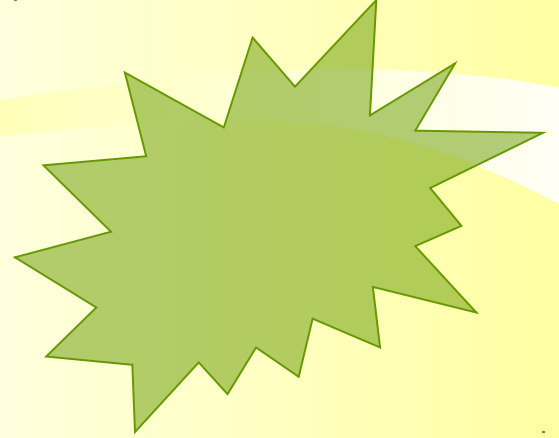
- Avoid “mega” drinks
- Pace yourself
- Set your limit
- Eat when you drink
- Alternate non-alcoholic drinks
- Drink water
- Stop when you reach your limit or feel the effects
- Use as designated driver
- **OR CHOOSE NOT TO DRINK**

# WARNING SIGNS



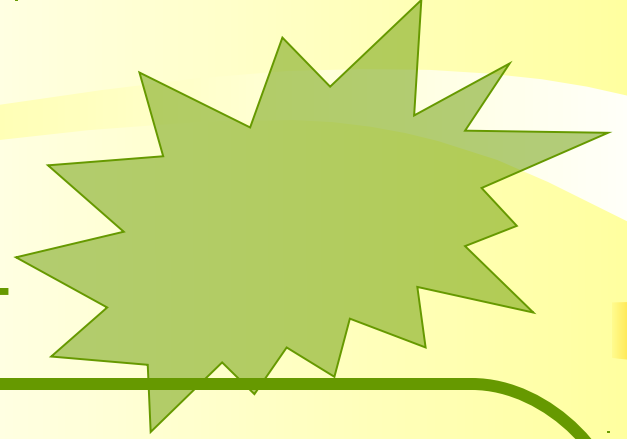
- Hangovers
- Blackouts
- High tolerance
- If drinking causes any problems

# ALTERNATIVES TO DRINKING



- **Can you have fun without drinking?**
  - **When is the last time you did?**
- **How do you have fun?**
- **What are your alternatives**

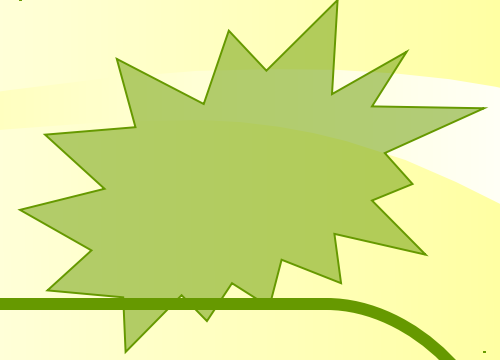
# DISCUSSION #1



**Alternatives to drinking & roadblocks to those alternatives:**

- What are the alternatives to drinking in your command?**
- What are the roadblocks to them?**

# DISCUSSION #2



## **The designated driver: a realistic option?**

- Is this a feasible approach?**
- Does it simply enable others to abuse alcohol?**
- Is the designated driver looked upon as someone who doesn't fit in?**
- Have you actually used the designated driver approach?**